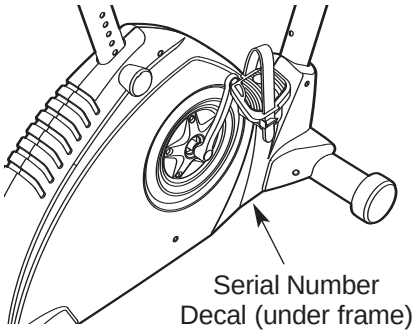
# NordicTrack®

# AUDIORIDER U300

**Model No. 30706.2**
**Serial No. _____**

Write the serial number in the space above for reference.




## QUESTIONS?

**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE DO NOT CONTACT THE STORE. For assistance, contact Customer Care.**

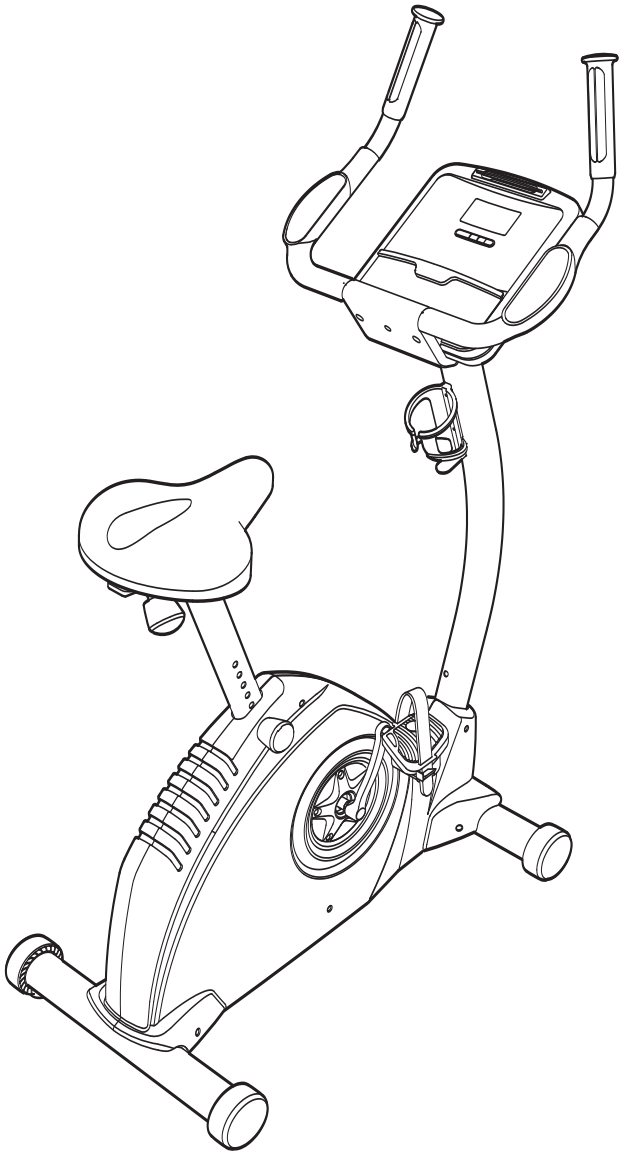
**CALL TOLL-FREE:**
**1-888-936-4266**
**Mon.–Fri., 8:00 until 17:00 EST (excluding holidays)**

**OR E-MAIL US:**
**customerservice@iconcanada.ca**

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.**

# USER'S MANUAL



**Visit our website at**
**www.nordictrack.com**

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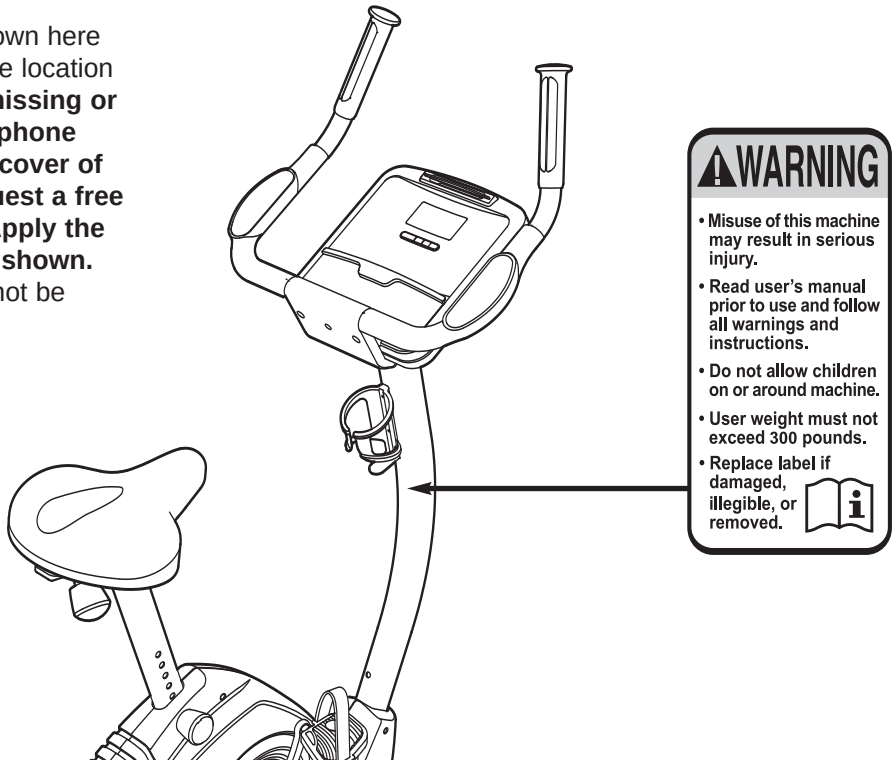
# WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 300 pounds.
• Replace label if damaged, illegible, or removed.

NordicTrack is a registered trademark of ICON IP, Inc.

# IMPORTANT PRECAUTIONS

**⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

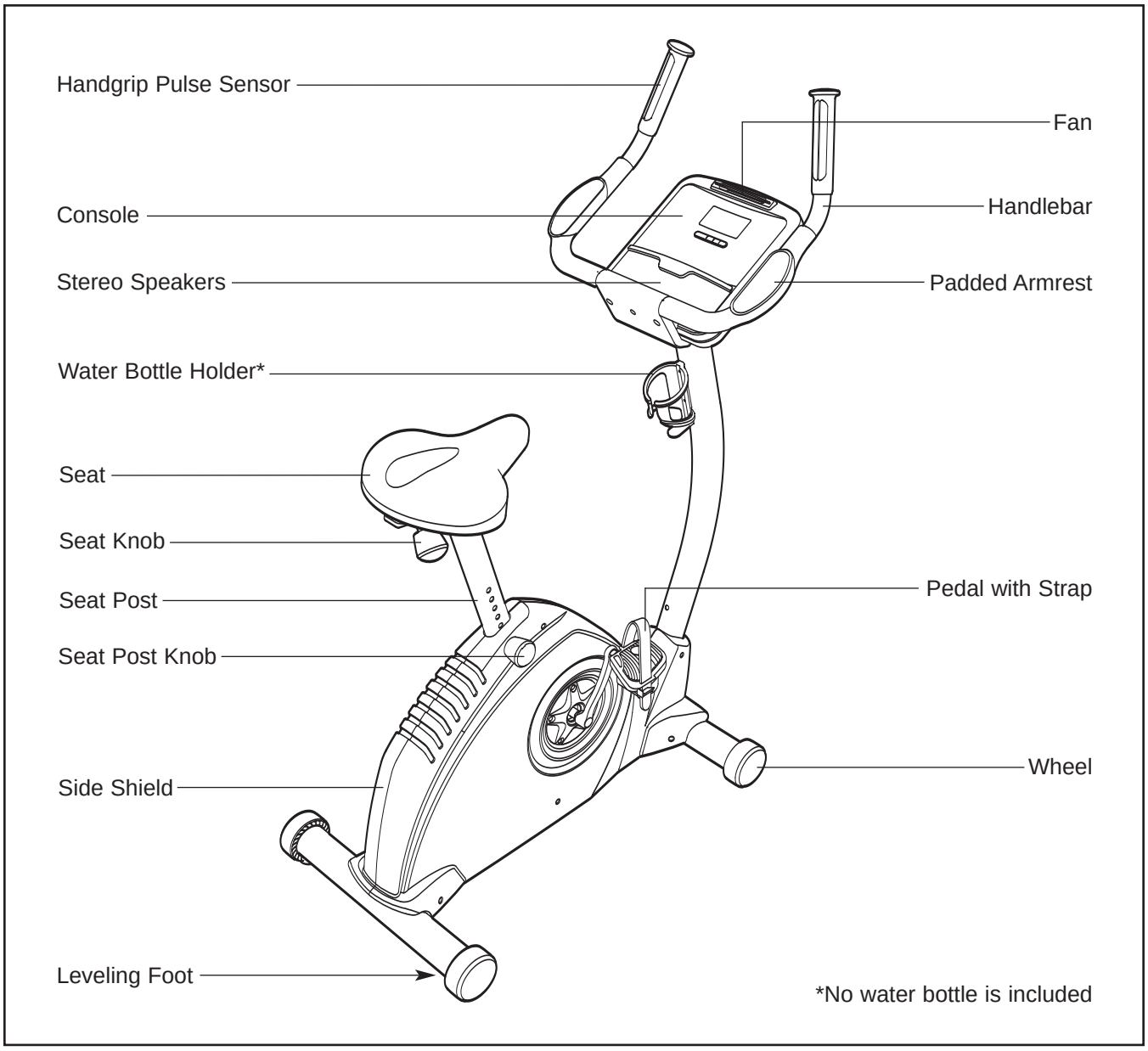
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
3. **Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.**
4. **Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from your exercise cycle at all times.**
7. **Your exercise cycle should not be used by persons weighing more than 300 lbs. (136 kg).**
8. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
9. **Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.**
10. **Keep your back straight while using your exercise cycle; do not arch your back.**
11. **When you stop exercising, allow the pedals to slowly come to a stop.**
12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**
13. **Use your exercise cycle only as described in this manual.**

# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NordicTrack® AUDIORIDER U300 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The AUDIORIDER U300 exercise cycle offers an impressive array of features, including a console with two motivational interactive games, designed to let you enjoy this healthful exercise in the comfort and convenience of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

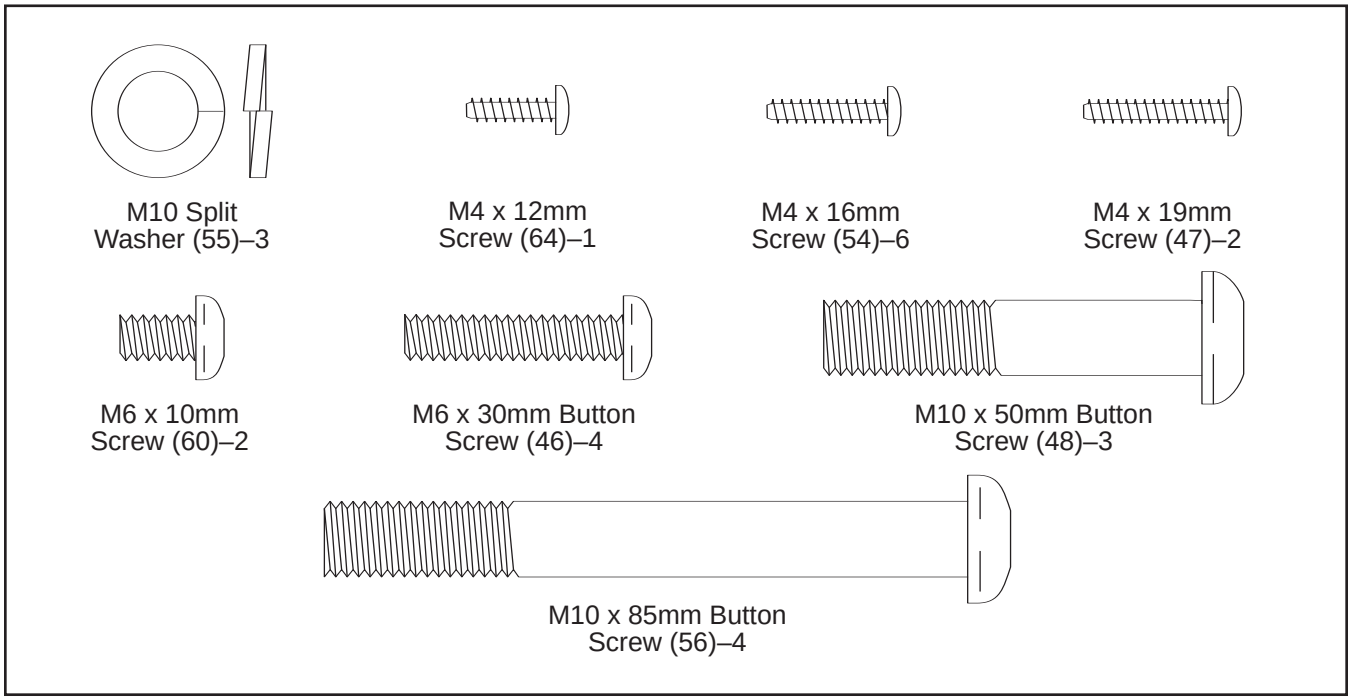


# ASSEMBLY

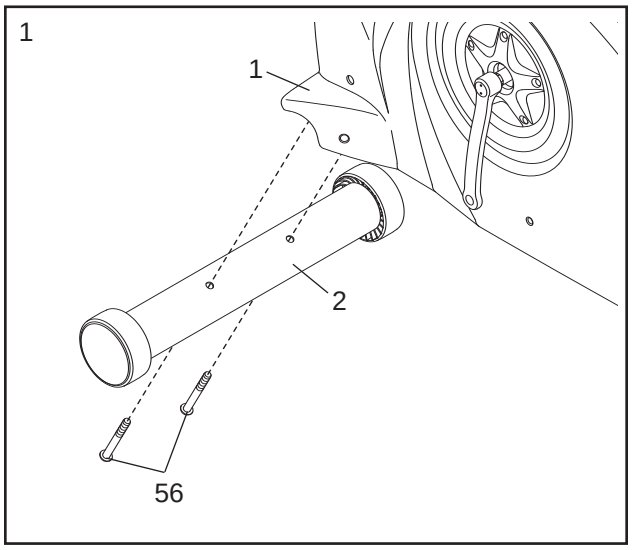
Place all parts of the exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

**In addition to the included hex keys, assembly requires a Phillips screwdriver and an adjustable wrench .**

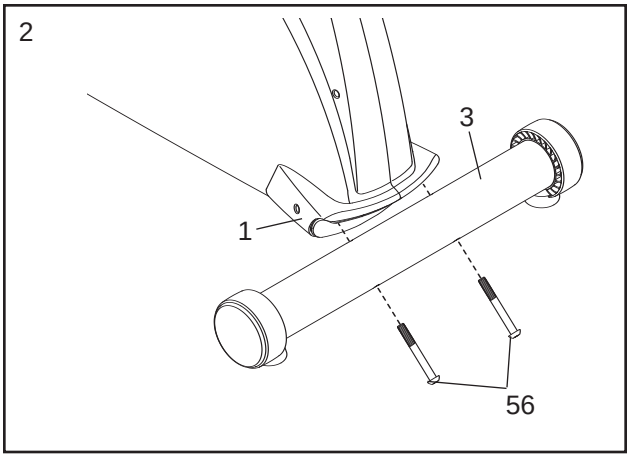
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the hardware kit, check to see if it has been preassembled.**


M10 Split Washer (55)–3
M4 x 12mm Screw (64)–1
M4 x 16mm Screw (54)–6
M4 x 19mm Screw (47)–2
M6 x 10mm Screw (60)–2
M6 x 30mm Button Screw (46)–4
M10 x 50mm Button Screw (48)–3
M10 x 85mm Button Screw (56)–4

1. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 85mm Button Screws (56).

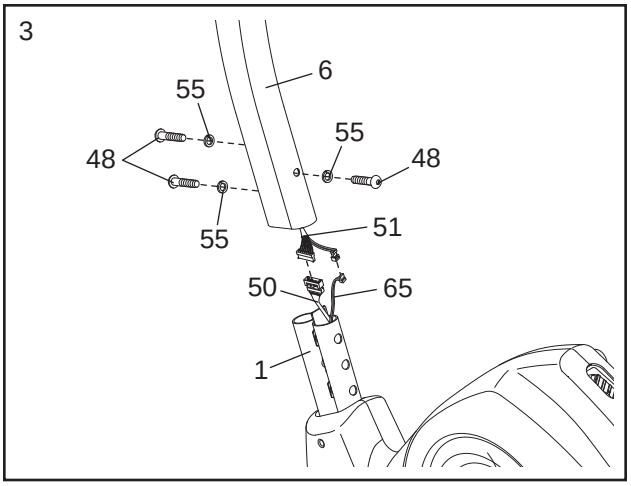


2. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 85mm Button Screws (56).

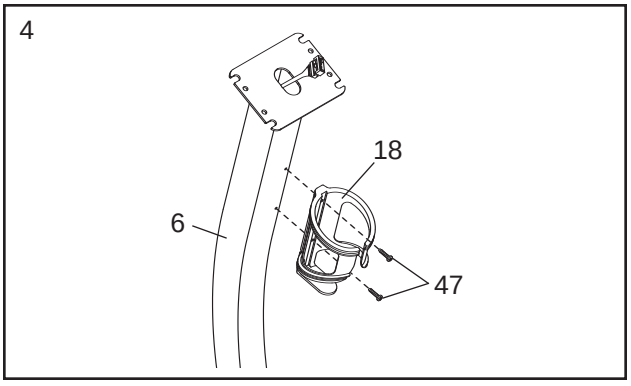



3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (51) to the Lower Wire Harness (50) and the Power Jack Wire (65). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and slide the Handlebar Post onto the Frame. **Be careful not to pinch the Wire Harnesses.**

   Attach the Handlebar Post (6) to the Frame (1) with three M10 x 50mm Button Screws (48) and three M10 Split Washers (55); **tighten the two Button Screws in the front of the Handlebar Post first, and then tighten the third Button Screw.**

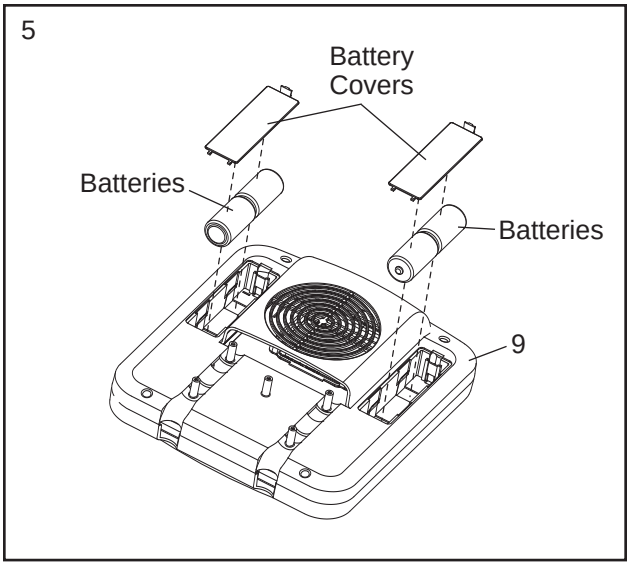



4. Attach the Water Bottle Holder (18) to the Handlebar Post (6) with two M4 x 19mm Screws (47).

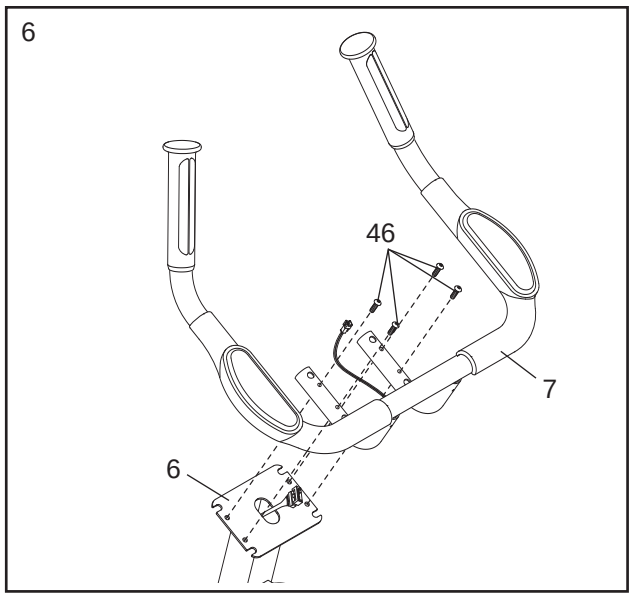


5. The Console (9) requires four 1.5V “D” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Press the tabs on the battery covers and remove the battery covers. Next, insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagrams inside the Console.** Then, reattach the battery covers.

   Note: The Console (9) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack at the front of the exercise cycle. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

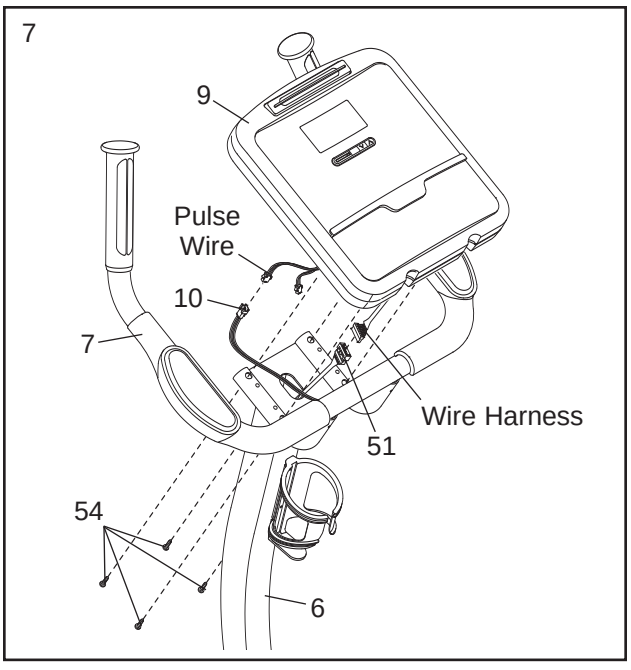



6. Attach the Handlebar (7) to the Handlebar Post (6) with four M6 x 30mm Button Screws (46). **Be careful to avoid pinching the wires in the Handlebar and the Handlebar Post.**

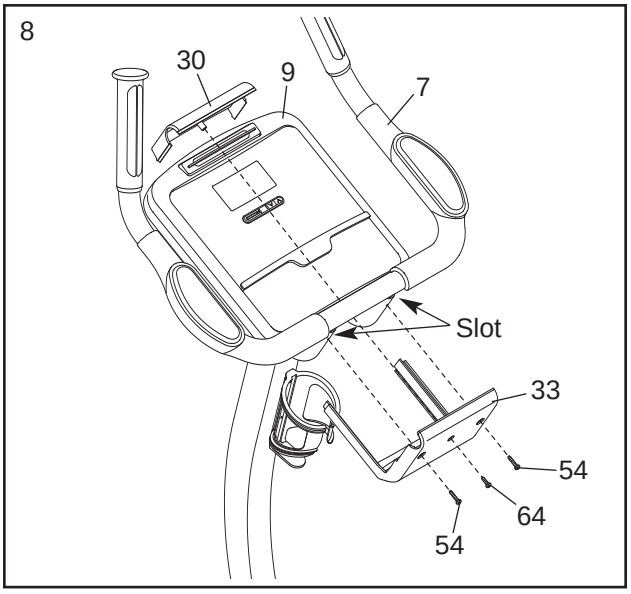



7. While another person holds the Console (9) near the Handlebar (7), connect the wire harness on the Console to the Upper Wire Harness (51). Next, connect the pulse wire on the Console to the Pulse Grip Wire (10). Note: The remaining wire on the Console is used during the manufacturing process; disregard this wire.

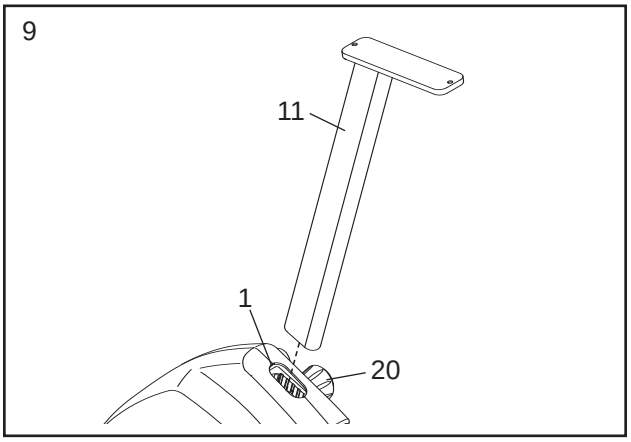
   Insert the excess wiring downward into the Handlebar Post (6). Attach the Console (9) to the Handlebar (7) with four M4 x 16mm Screws (54). **Be careful to avoid pinching the wires.**



8. Slide the Bottom Handlebar Cover (33) into the slots in the bottom of the Console (9). Attach the Bottom Handlebar Cover to the Handlebar (7) and the Top Handlebar Cover (30) with two M4 x 16mm Screws (54) and one M4 x 12mm Screw (64).

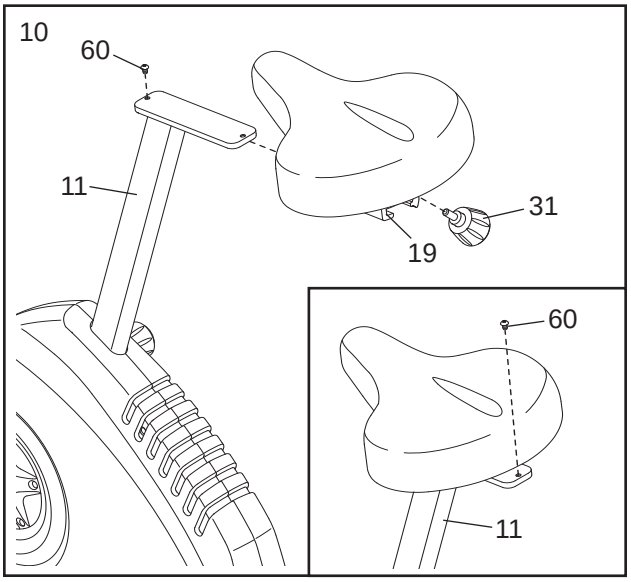



9. Turn the Seat Post Knob (20) counterclockwise several turns to loosen it. Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1). Slide the Seat Post upward or downward to the desired position, and release the Seat Post Knob. **Move the Seat Post up or down slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, turn the Seat Post Knob clockwise to tighten it.



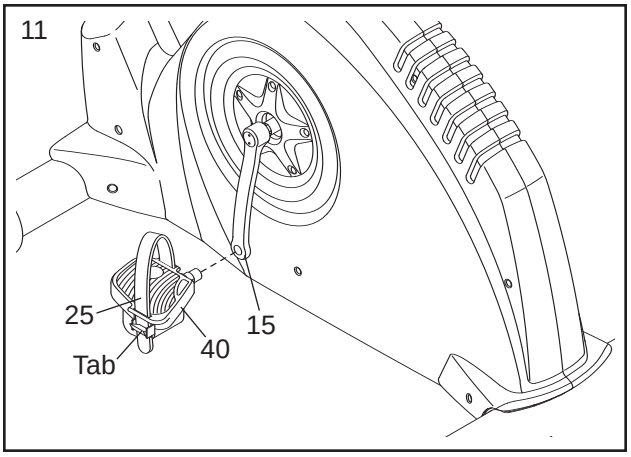

10. Attach an M6 x 10mm Screw (60) to the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post. Then, adjust the Seat Carriage to the desired position and tighten the Seat Knob (31) into the Seat Carriage.

    See the inset drawing. Attach another M6 x 10mm Screw (60) to the Seat Post (11).



11. Identify the Left Pedal (40), which is marked with a sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (15). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

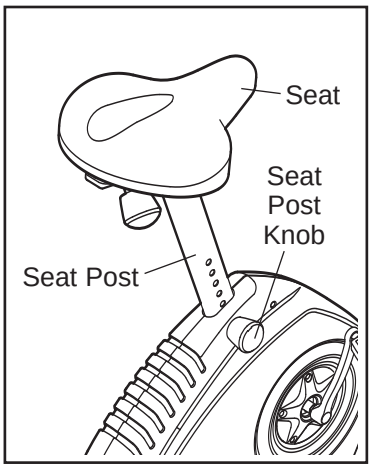
    Press the tab on the side of the Left Pedal (40) and adjust a Pedal Strap (25) to the desired position. **Adjust the other Pedal Strap (not shown) in the same way.**




12. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

# HOW TO OPERATE THE EXERCISE CYCLE

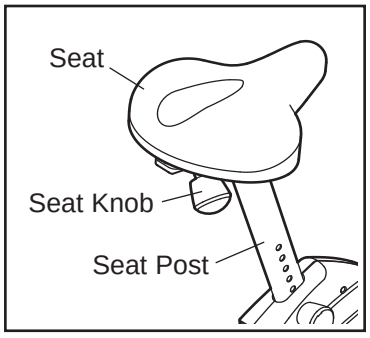
### HOW TO ADJUST THE HEIGHT OF THE SEAT




For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first turn the seat post knob counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post up or down slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, turn the knob clockwise to tighten it.

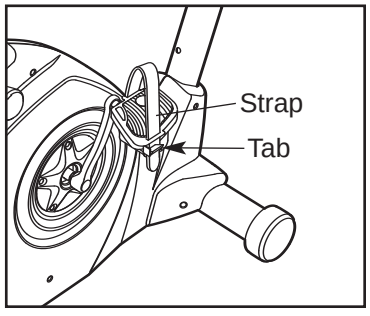
### HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

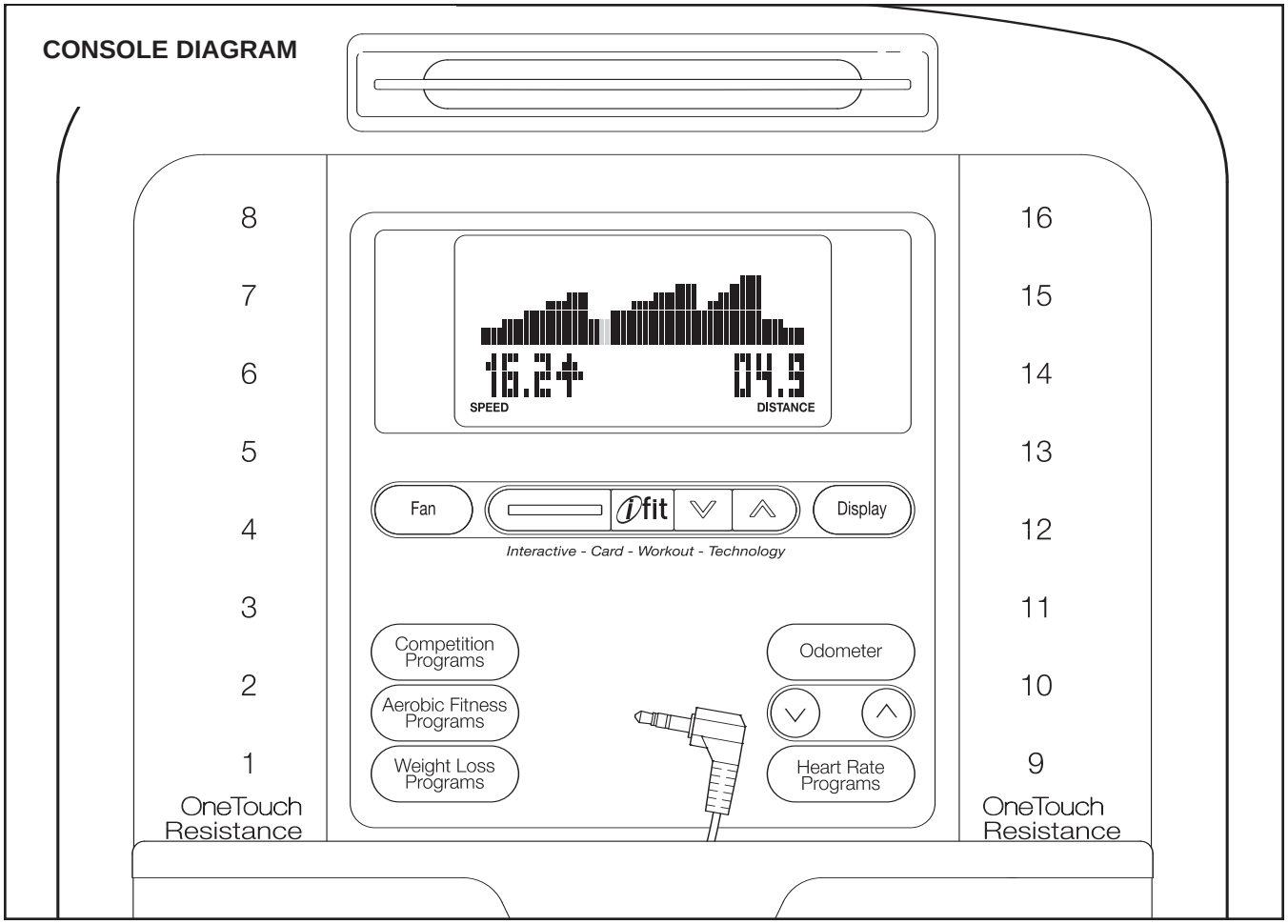
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.




### HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps onto the tabs.






**FEATURES OF THE CONSOLE**

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you select the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers eighteen preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System enables the console to accept iFIT Cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss program. iFIT programs control the resistance of the pedals while the voice of a personal trainer coaches you and motivates you through your workouts. One iFIT Card with three new programs is included. Additional iFIT Cards are available separately. **To purchase iFIT Cards, go to www.iFIT.com or call the toll-free telephone number on the front cover of this manual. iFIT Cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's stereo sound system and listen to your favorite workout music or audio books while you exercise.

**To use the manual mode of the console,** follow the steps beginning on page 11. **To use a preset program,** see page 13. **To use a heart rate program,** see page 14. **To use an iFIT program,** see page 15. **To use the stereo sound system,** see page 15.

## HOW TO USE THE MANUAL MODE

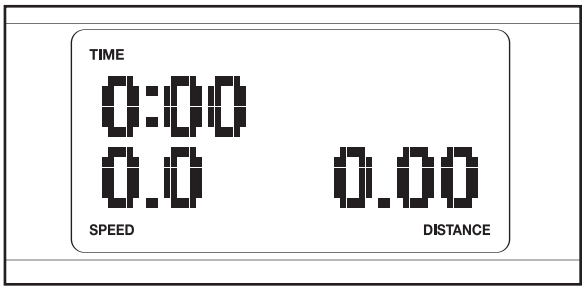
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Heart Rate Programs button repeatedly until zeros appear in the display.

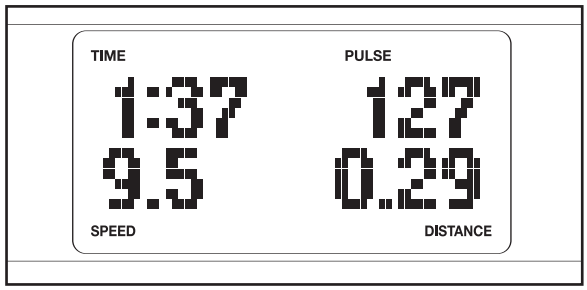



3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the OneTouch Resistance buttons. There are sixteen resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

   **Follow your progress with the display.**

   While you pedal, the upper left corner of the display will show the elapsed time.




4. **The lower left corner of the display will show your pedaling speed, in miles or kilometers per hour.**

   The upper right corner of the display will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 12).

   The lower right corner of the display will show the distance that you have pedaled, in miles or kilometers.

   The center of the display will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

   To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button.

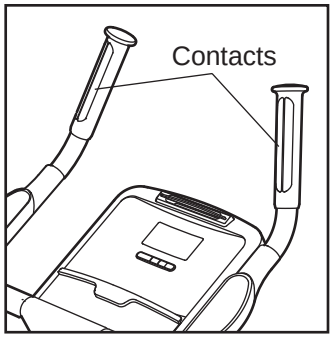
   You can also view selected information at a larger size. Press the Display button repeatedly to view the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories that you have burned.

   To again view the elapsed time, your pedaling speed, and the distance that you have pedaled, press the Display button again.

   To view the total distance pedaled since the exercise cycle was purchased and the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds.

   **Note: The console can show speed and distance in either miles or kilometers.** To determine which unit of measurement is selected, hold down the decrease button below the Odometer button for a few seconds. The words UNITS: ENGLISH or UNITS: METRIC will appear in the display. Press the increase button to change the unit of measurement if desired. Then, press the decrease button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

5. **Measure your heart rate if desired.**




**If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.** To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

To turn on the fan at high speed, press the Fan button. To turn on the fan at low speed, press the Fan button a second time. To select the auto mode, press the Fan button again; when the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off to conserve the batteries.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE A PRESET PROGRAM

1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Select a preset program.**

   To select one of the six weight loss programs, press the Weight Loss Programs button repeatedly; to select one of the six aerobic fitness programs, press the Aerobic Fitness Programs button; to select one of the six competition programs, press the Competition Programs button.

   When you select a preset program, the name of the program will appear in the display for a few seconds. A profile of the resistance settings of the program will then appear in the display. The display will also show the first resistance setting for the program for a few seconds.

3. **Begin pedaling to start the program.**

   Each program is divided into 20, 30, or 45 one-minute segments. One resistance setting and one target pace setting are programmed for each segment. Note: The same resistance setting and/or target pace setting may be programmed for two or more consecutive segments.

   During the program, the program profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance setting is programmed for the next segment, the resistance setting will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace. **Important: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

   If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance setting for the next segment.

   If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the profile flashes and the last segment of the program ends.

4. **Follow your progress with the display.**

   During the program, the display will show the program profile, your pedaling speed, and the distance that you have pedaled.

   To view the time remaining in the program instead of the program profile, press the Display button.

   To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

   To view the program profile again, press the Display button again.

5. **Measure your heart rate if desired.**

   See step 5 on page 12.

6. **Turn on the fan if desired.**

   See step 6 on page 12.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 12.

## HOW TO USE A HEART RATE PROGRAM

1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Select a heart rate program.**

   To select one of the heart rate programs, press the Heart Rate Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display.

3. **Enter a target heart rate setting.**

   A few seconds after you select a heart rate program, the words ENTER HEART RATE will appear in the display and the number 110 will begin to flash.

   **During heart rate program 1,** the same target heart rate setting will be programmed for all segments of the program. If you have selected heart rate program 1, press the increase and decrease buttons below the Odometer button to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 17).

   **During heart rate program 2,** different target heart rate settings will be programmed for different segments of the program. If you have selected heart rate program 2, press the increase and decrease buttons below the Odometer button to enter the desired maximum target heart rate setting for the program (see EXERCISE INTENSITY on page 17).

4. **Hold the handgrip pulse sensor.**

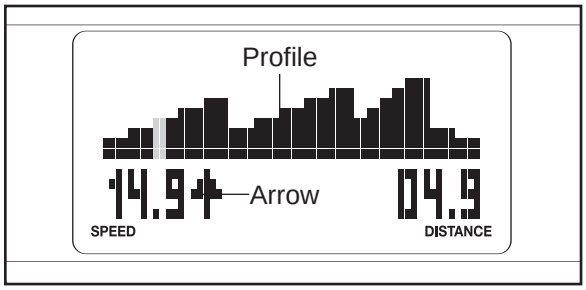
   It is not necessary to hold the handgrip pulse sensor continuously during heart rate programs; however, you should hold the handgrip pulse sensor frequently for the programs to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the program.**

   **Heart rate program 1** is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

**Heart rate program 2** is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the program, the program profile in the display will show your progress. The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the target heart rate setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.




**During both programs,** the console will regularly compare your heart rate to the target heart rate setting for the current segment of the program. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance setting will appear in the display for a few seconds to alert you.

While you exercise, you will be prompted to maintain a constant pedaling pace. If an upward-pointing arrow appears in the display (see the drawing above), increase your pace. If a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the OneTouch Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the last segment of the program ends.

6. **Follow your progress with the display.**

   **During heart rate program 1,** the display will show your heart rate, your pedaling speed, and the distance that you have pedaled. **During heart rate program 2,** the display will show the program profile, your pedaling speed, and the distance that you have pedaled.

   To view the time remaining in the program instead of your heart rate or the program profile, press the Display button.

   To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

   To view your heart rate or the program profile again, press the Display button again.

7. **Turn on the fan if desired.**

   See step 6 on page 12.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 12.

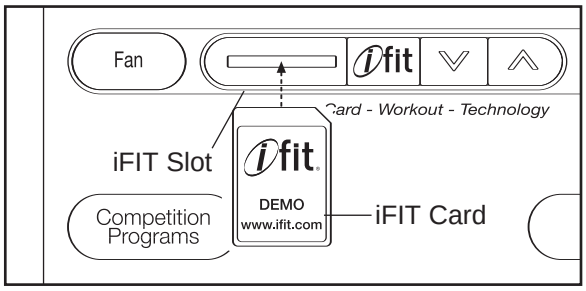
## HOW TO USE AN IFIT PROGRAM

1. **Press any button on the console or begin pedaling to turn on the console.**

   See step 1 on page 11.

2. **Insert an iFIT Card and select a program.**

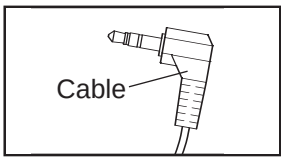
   To use an iFIT program, insert an iFIT Card into the iFIT slot; make sure that the iFIT Card is oriented so the metal contacts are face-down and are facing the slot. When the iFIT Card is properly inserted, the indicator next to the slot will light and the words IFIT 1 will appear in the display.




   Next, select the desired program on the iFIT Card by pressing the up and down buttons next to the iFIT slot.

   A moment after you select a program, the voice of a personal trainer will begin guiding you through your workout. iFIT programs work in the same way as preset programs. To use the program, see steps 3 to 6 on page 13.

## HOW TO USE THE STEREO SOUND SYSTEM




To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speakers. Plug the cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

When it is not in use, insert the stereo audio cable into the storage recess on the console.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

### TIGHTENING THE PEDALS

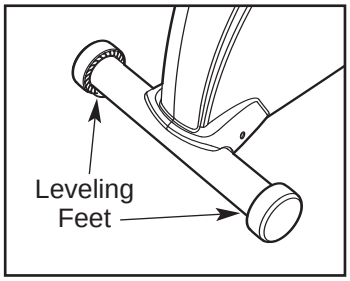
For best performance, regularly tighten both pedals.

### CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced. See assembly step 5 on page 7 for replacement instructions. If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 12.

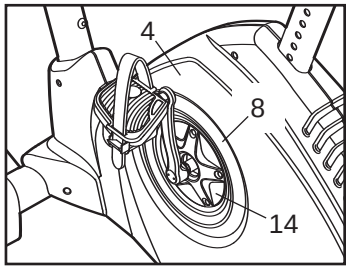
### HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle does not sit flat on your floor, turn one or both of the leveling feet until the exercise cycle is level.

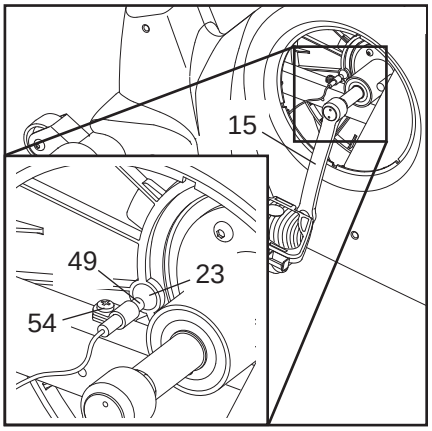



### HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, use a small flat screwdriver to carefully pry off the left Side Shield Cover (14). Next, rotate the left Pedal Guard (8) and pull it away from the Left Side Shield (4).




Next, locate the Reed Switch (49). Turn the Left Crank Arm (15) until the Magnet (23) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (54). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Left Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left Pedal Guard (8) and the left Side Shield Cover (14).



# EXERCISE GUIDELINES

**⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

**The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ♥ |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ♥ |
| 125 | 120 | 115 | 110 | 105 | 95 | 90 | ♥ |
| 20 | 30 | 40 | 50 | 60 | 70 | 80 | |

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

### EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. 30706.2

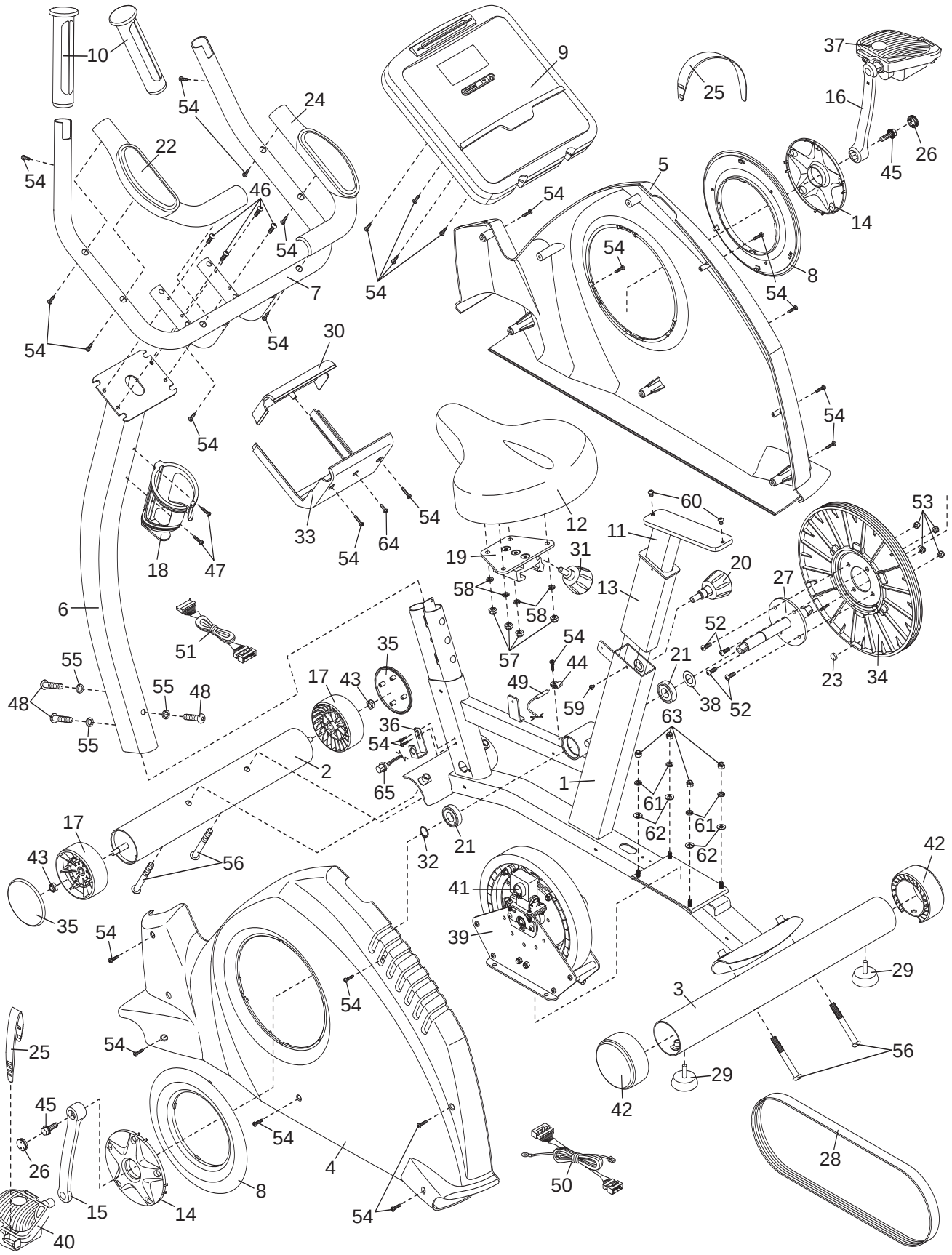
R0308A

| Key No. | Qty. | Description |
|---|---|---|
| 1 | 1 | Frame |
| 2 | 1 | Front Stabilizer |
| 3 | 1 | Rear Stabilizer |
| 4 | 1 | Left Side Shield |
| 5 | 1 | Right Side Shield |
| 6 | 1 | Handlebar Post |
| 7 | 1 | Handlebar |
| 8 | 2 | Pedal Guard |
| 9 | 1 | Console |
| 10 | 2 | Pulse Grip/Wire |
| 11 | 1 | Seat Post |
| 12 | 1 | Seat |
| 13 | 1 | Collar |
| 14 | 2 | Side Shield Cover |
| 15 | 1 | Left Crank Arm |
| 16 | 1 | Right Crank Arm |
| 17 | 2 | Wheel |
| 18 | 1 | Water Bottle Holder |
| 19 | 1 | Seat Carriage |
| 20 | 1 | Seat Post Knob |
| 21 | 2 | Crank Bearing |
| 22 | 1 | Left Armrest |
| 23 | 1 | Magnet |
| 24 | 1 | Right Armrest |
| 25 | 2 | Pedal Strap |
| 26 | 2 | Crank Cover |
| 27 | 1 | Crank |
| 28 | 1 | Belt |
| 29 | 2 | Leveling Foot |
| 30 | 1 | Top Handlebar Cover |
| 31 | 1 | Seat Knob |
| 32 | 1 | Crank Snap Ring |
| 33 | 1 | Bottom Handlebar Cover |
| 34 | 1 | Pulley |
| 35 | 2 | Wheel Cover |
| 36 | 1 | J-bracket |
| 37 | 1 | Right Pedal |
| 38 | 1 | Crank Washer |
| 39 | 1 | Eddy Mech |
| 40 | 1 | Left Pedal |
| 41 | 1 | Resistance Motor |
| 42 | 2 | Stabilizer Endcap |
| 43 | 2 | M8 Nylon Jam Nut |
| 44 | 1 | Clamp |
| 45 | 2 | 5/16" x 1" Flange Screw |
| 46 | 4 | M6 x 30mm Button Screw |
| 47 | 2 | M4 x 19mm Screw |
| 48 | 3 | M10 x 50mm Button Screw |
| 49 | 1 | Reed Switch/Wire |
| 50 | 1 | Lower Wire Harness |
| 51 | 1 | Upper Wire Harness |
| 52 | 4 | M6 x 16mm Screw |
| 53 | 4 | M6 Nylon Locknut |
| 54 | 29 | M4 x 16mm Screw |
| 55 | 3 | M10 Split Washer |
| 56 | 4 | M10 x 85mm Button Screw |
| 57 | 4 | M8 Nylon Locknut |
| 58 | 4 | M8 Split Washer |
| 59 | 1 | M4 x 5mm Screw |
| 60 | 2 | M6 x 10mm Screw |
| 61 | 4 | M6 Split Washer |
| 62 | 4 | M6 Washer |
| 63 | 4 | M6 Nylon Locknut |
| 64 | 1 | M4 x 12mm Screw |
| 65 | 1 | Power Jack/Wire |
| * | – | User’s Manual |
| * | – | Hex Key |

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

# EXPLODED DRAWING—Model No. 30706.2

R0308A



# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON OF CANADA, INC., (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

**ICON OF CANADA, INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8**

Part No. 262053 R0308A

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